

Evaluating Foods and Beverages to be Sold A la Carte by School Nutrition Programs in Virginia

Federal regulations as outlined in 7CFR 210.11, Part 210 Appendix B and 7CFR 220.12, and state regulations as outlined in the Code of Virginia, Superintendent's Memos and State Director Memos define the types of items that may be sold, the protected time periods, and the designated account to receive revenues from a la carte food sales. This one-page handout is designed to be used by local school nutrition programs for evaluating products.

The following eight foods of minimal nutritional value (FMNV) may **not** be sold by the school nutrition programs: soda water; water ices, except those containing fruit or fruit juices; chewing gum; hard candy; jellies and gums; marshmallow candies; fondant; licorice; spun candy; and candy coated popcorn.

In addition, any food or beverage sold in Virginia schools from 6:00 a.m. through the end of the breakfast period, and from the beginning of the first scheduled lunch period through the end of the last scheduled lunch period must meet the following nutritional standard. The foods and beverages sold must either be a recognized component of the food based meal pattern or must contain 5% of the Daily Value, per serving or per 100 calories, of at least one of these eight essential nutrients: iron, calcium, protein, vitamin A, vitamin C, niacin, thiamine, or riboflavin. The money from the sale of food or drink during the protected time periods must accrue to the school nutrition program account. Iced or hot coffee or tea may not be sold to students; non-carbonated water may be sold.

DIRECTIONS: This form may be duplicated to use in evaluating individual products. Place a check in each "Yes" or "No" column that applies to the product. Follow the instructions in the "Can it be sold?" column to determine if the product meets the standards for foods sold a la carte in Virginia.

Name of Item:	YES	NO	Can it be sold?**
Soda Water (Carbonated Beverage)			**If any gray shaded box is checked, that item is a food of minimal nutritional value and cannot be sold. If no gray boxes are checked AND at least one of the white "YES" boxes is checked, the item meets Virginia nutrition standards and may be sold a la carte by the school nutrition program during the protected time periods.
Water Ice			
Chewing Gum			
Hard Candy			
Jellies or Gums			
Marshmallow Candy			
Licorice			
Fondant			
Spun Sugar			
Candy Coated Popcorn			
Coffee or Tea			
Meal Component			
5% DV Iron			
5% DV Protein			
5% DV Calcium			
5% DV vitamin A			
5% DV vitamin C			
5% DV Niacin			
5% DV Thiamine			
5% DV Riboflavin			
Water (non-carbonated)			